

The Importance of Oral Health in HIV Care

How non-clinical providers can promote good oral health with clients

WELCOME

Oral Health Resource Center

www.necaaetc.org

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Addressing the needs of the New York, New Jersey, Puerto Rico & US Virgin Islands oral healthcare community

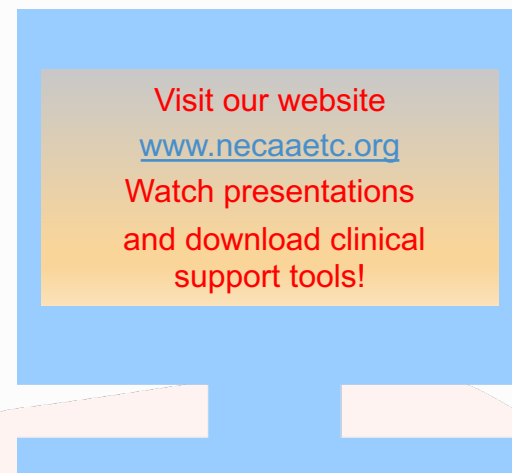
For more information contact:

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Central Office
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646-774-6978**

Visit our website

www.necaaetc.org

Watch presentations
and download clinical
support tools!



Disclosures

“This program is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) as part of an award totaling \$3,845,677 with zero percentage financed with nongovernmental sources. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by HRSA, HHS or the U.S. Government.”

Disclosures continued

- None

Objectives

- Learn about how oral health impacts overall health
- Assist the patient/client in recognizing their oral health needs
- Learn how to incorporate basic oral health assessment into everyday practice

Surgeon General's Report of 2000

“You cannot be healthy
without oral health”



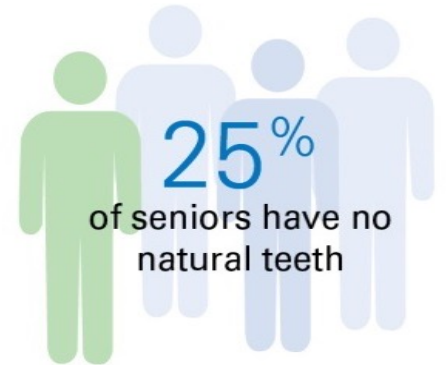
US Dept of Health & Human Services (HHS), Oral Health in America: A Report of the Surgeon General, Rockville, MD:US Dept of Health & Human Services, National Institute of Dental and craniofacial research, National Institute of Health, 2000.

Data Suggests

- Greater than 50% of people with HIV (PWH) do not receive regular dental care
- Up to 46% of PWH experience at least one significant HIV related oral health problem throughout their disease process

The Burden of Oral Disease: Adults

- 25% ages 20–64 have untreated caries.¹
- 19% ages 35–44 have destructive periodontal diseases.¹

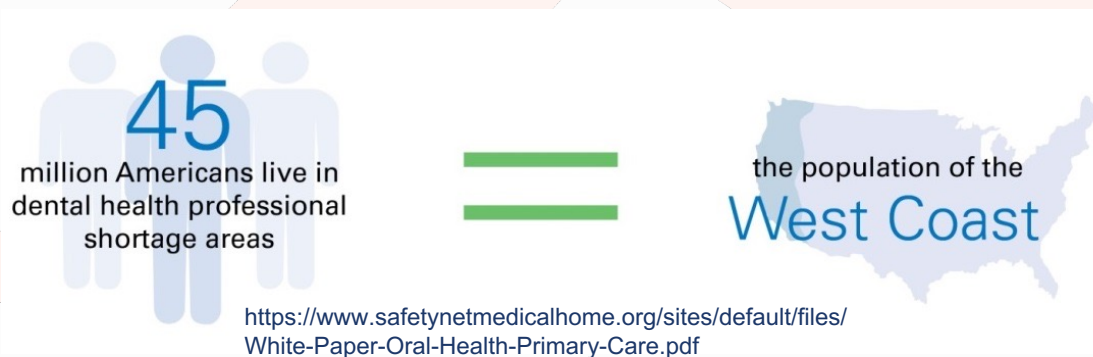


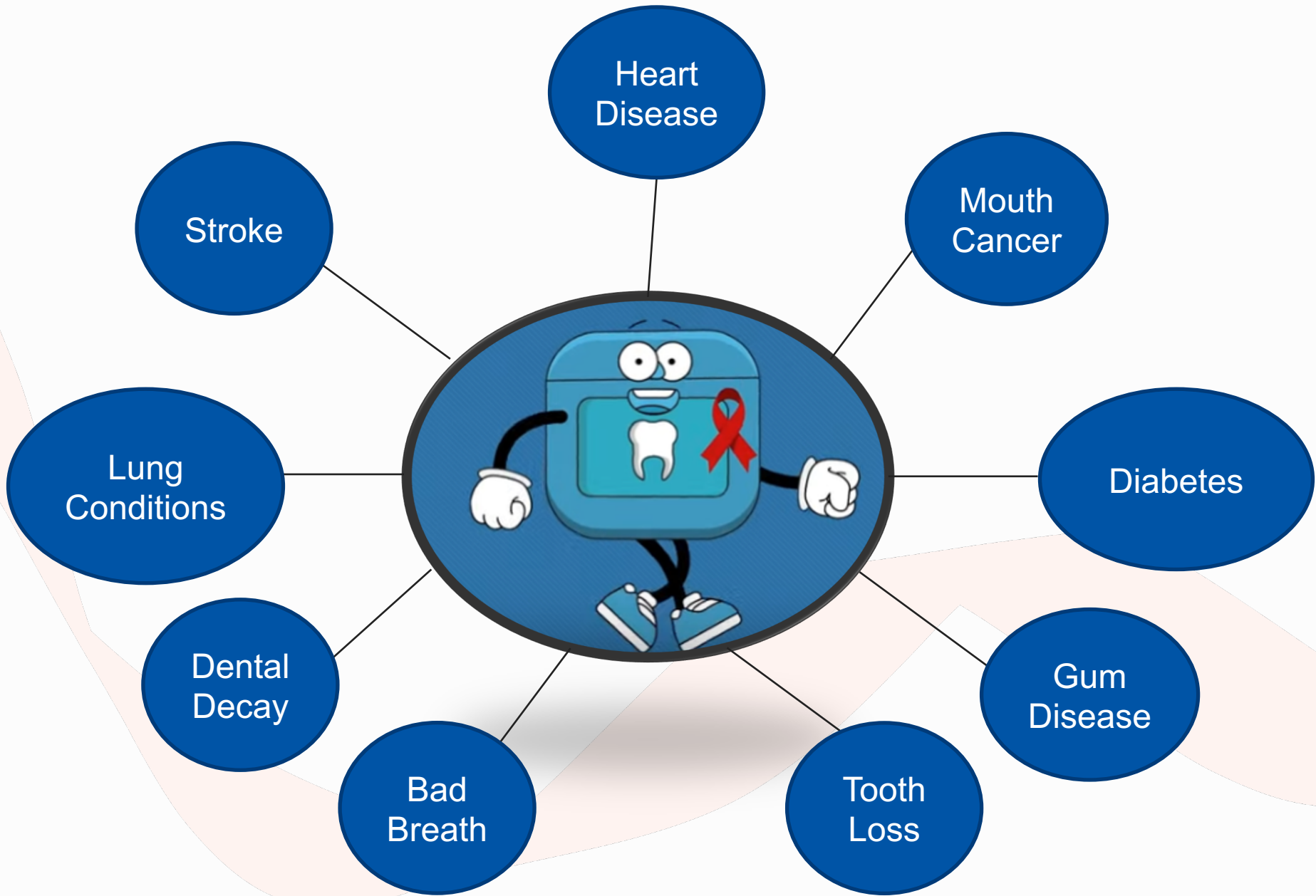
Cumulative result?
25% of adults 65 and older have no teeth.

Oral cancer kills over 8,000 people each year, **2.0x** the number who die of cervical cancer, a major preventive care focus.²

Access and Affordability Challenges

- In most communities, dental care is the most common unmet health need.
- 40% of the population lacks dental insurance, **2.5x** the percentage of those lacking medical insurance.
- Many patients turn to the ER as a last resort; most are sent home with painkillers and antibiotics, but their problem hasn't been solved.
- Late-stage interventions (e.g., extractions) waste valuable healthcare resources and introduce unnecessary risks for patients.





The Importance of Oral Health Care

- Preserve and/or restore healthy teeth and gum tissue as needed
- Maintain patient's ability to eat and drink
- Prevent and treat infections of the mouth
- Maintain appearance and function



Good Oral Health

- Has important oral-systemic implications on heart health and diabetes.
- Affects the patient's psycho-social health and quality of life.
- Addresses daily function, decreases pain and improves esthetics.
- Increases whole body health and well being.

Lack of Oral Care for a PWH can lead to:

- Sepsis (life-threatening condition that arises when the body's response to infection causes injury to its own tissues and organs).
- Further weakening of the immune system.
- Exacerbation of existing medical problems.
- Undermine therapeutic (drug therapy) success.

Oral Health Providers think it's important that health care providers know:

- **when and how** to treat common oral lesions and conditions associated with HIV/AIDS
- **what** is appropriate to refer

What is your role?

- Advocate with your client the need to share oral health information with their health care team.
- Use an oral health assessment form to determine client's oral health needs.



Oral Health Assessment

ask

1. Have you been to a dentist?
2. When was your last check up?
3. How often do you brush your teeth?
4. Are there any changes in your mouth or teeth?
5. Do you have any oral pain?

#1



**Have you
been to a
dentist?**



- **If YES, continue onto #2...**
- **If NO...examine why, stress importance of doing so and make a referral**

#2




**When was
your last
check up?**



- **If within last 6-12 months... compliment them and continue onto #3...**
- **If > 12 months... examine why, discuss the importance of regular check ups.**

#3

 **How often do
you brush
your teeth?**

- **The American Dental Association recommends brushing twice a day! If your patient/client meets or exceeds this recommendation – commend them!**
- **If your patient/client does not meet this recommendation – encourage them to increase their brushing effort.**

#4



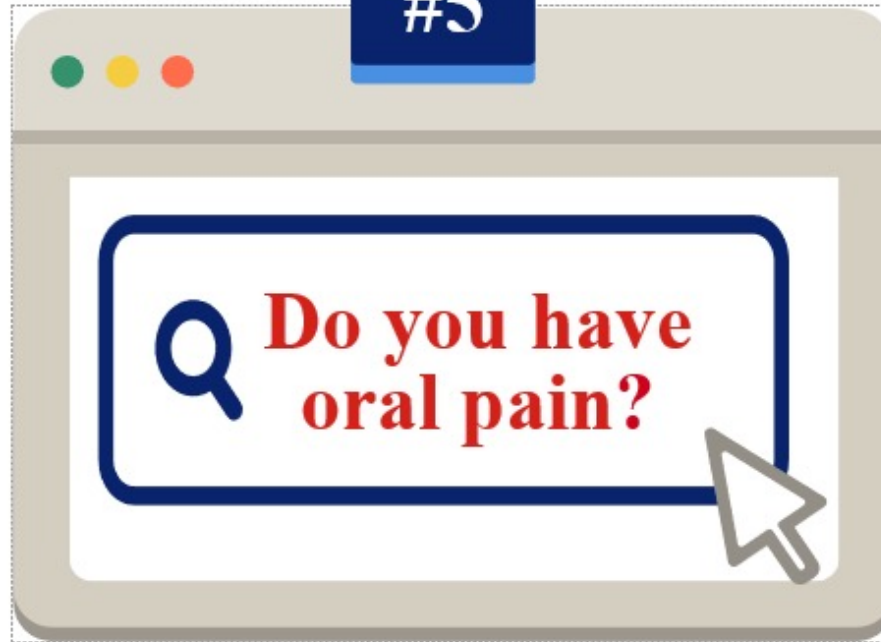
**Are there any
changes in
your mouth?**



If the answer is yes to any of the following items, clients should be referred to dental or primary care

- Swollen or redness of gums
- Bad Breath
- Dryness
- Bleeding
- Sores or ulcers
- Tooth Decay
- Missing or Broken Teeth
- Red or White Lesions

#5



- **If yes, they should be referred to a dentist or primary care provider for follow up.**

Classic diseases associated with HIV/AIDS

- Kaposi Sarcoma
- Non-Hodgkins Lymphoma
- Hairy Leukoplakia
 - A white patch on the side of the tongue with a corrugated or hairy appearance. Caused by Epstein-Barr virus (EBV) and occurs usually in persons who are immunocompromised, especially those with HIV/AIDS. This white lesion cannot be scraped off.

Current Concerns in Oral Health

- Caries (cavities), abscesses and erosion
- Periodontal (gum) disease
- Candidiasis (thrush)
- Xerostomia (dry mouth)
 - Can be associated with medications prescribed for HIV care
- HPV

THE STAGES OF CARIES DEVELOPMENT



www.shutterstock.com • 396158584

Periodontitis



Candidiasis



Oral HPV



Missing or damaged teeth impact:

- Chewing ability
- Appetite/food intake
 - Absorption of HIV medications coordinated with food
 - Poor dietary choices further affecting:
 - Maintaining muscle mass
 - Replenish body resources
 - Boost resistance to infection

Indirect Benefits of Oral Health Services for PWH

- Early detection of conditions associated with HIV infection
- Reduce presence of bacteria, thus reducing strain on the immune system
- Dental exams can assist HIV medical management
 - Detection of oral infections/other conditions that could lead to HIV disease progression
 - Possible failure of ART or lack of adherence to ART
 - Possible improvement of other diseases (e.g. diabetes, CHD)
 - Identification of salivary gland disease and oral warts associated with HIV infection
 - Management of xerostomia (dry mouth) associated with ART or other meds

Denture Care Guidance for Patients

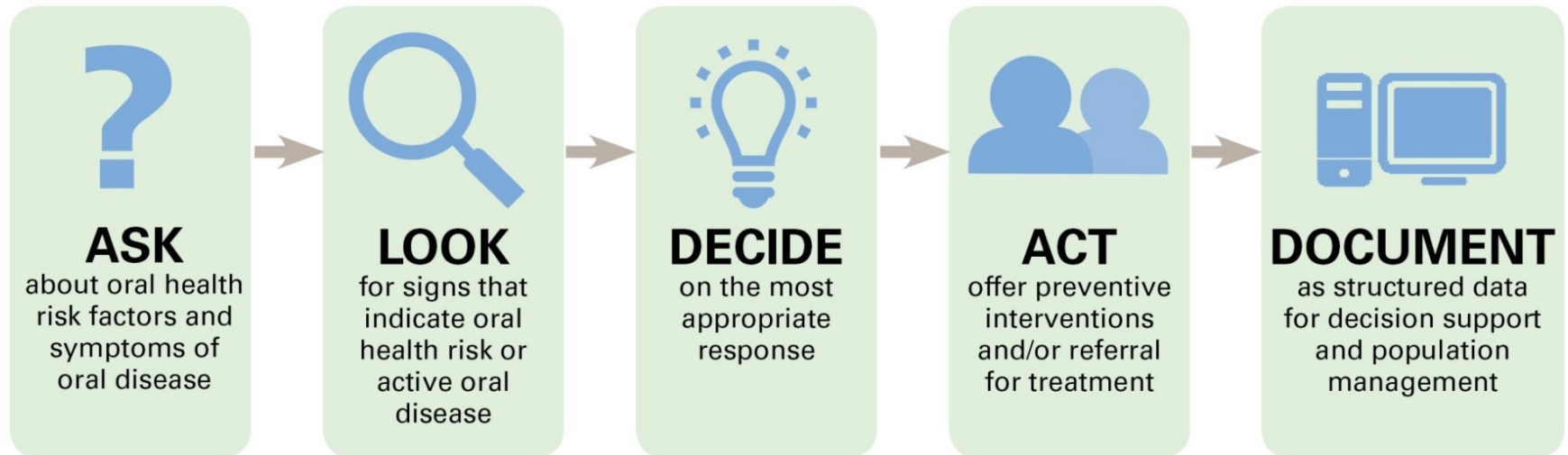
- Remove and rinse dentures after eating.
- Clean your mouth after removing dentures.
- Scrub your dentures at least daily.
- Soak dentures overnight.
- Rinse Dentures before putting them back in your mouth, especially if using a denture soaking solution.
- Schedule regular dental checkups to check the fit and to assure there are no mouth lesions developing.
- Do not use toothpaste.

What else can you do to promote oral health?



Oral Health Delivery Framework

Five actions primary care teams can take to protect and promote their patients' oral health. Within the scope of practice for primary care, possible to implement in diverse practice settings.



Preventive interventions: Fluoride therapy, dietary counseling to protect teeth and gums, oral hygiene training, therapy for substance use, medication changes to address dry mouth.

Ask • Look • Act • Document

Primary Care Providers Quick Guide to Oral Health

4

STEP

Oral Health
Screening
Process

1 ASK

Initial assessment

Do you have a Dentist?

Have you noted changes in your mouth?

How often do you brush?

2 LOOK

Perform a **physical** examination of the head and neck, and an **intraoral** examination (after denture removal) to include the teeth, gingiva, floor of mouth, tongue, and buccal mucosa.



AETC online resource for completing examination:

goo.gl/y2ruuE

3 ACT

Provide **treatment** or **referral** to patient when indicated. Provide a dental referral to patients who do not have a dentist.

4 DOCUMENT

Document into the medical record findings from the exam and any treatments, referral, and follow-up.



Oral Health Resource Center



For more information, including resources and up to date trainings on oral health and primary care, please contact us:

Northeast/Caribbean AETC

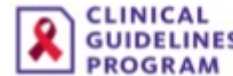
601 West 168th St #46

New York, NY 10032

1-646-774-6978

www.necaaetc.org

Additional resources:



www.hivguidelines.org

NEW YORK STATE DEPARTMENT OF HEALTH AIDS DIVISION
HIV • AIDS • STD • SUBSTANCE USE • LGBT HEALTH



www.smilesforlifeoralhealth.org

Available Resources

Patient brochures

La Salud Oral es Importante

...en el cuidado de personas que viven con el VIH

¡La Salud Oral significa más que dientes saludables!

¿Sabía usted que....

- ...los problemas de la salud oral son comunes en las personas con VIH?
- ...los problemas de salud oral pueden prevenirse y tratarse?

AETC AIDS Education & Training Center Program
Northeast/Caribbean

Oral health
affects your whole body.
It's an important part of your HIV care.

Did you know...
Many oral health problems can be prevented or readily treated.

Dental Floss

Waiting Room Video

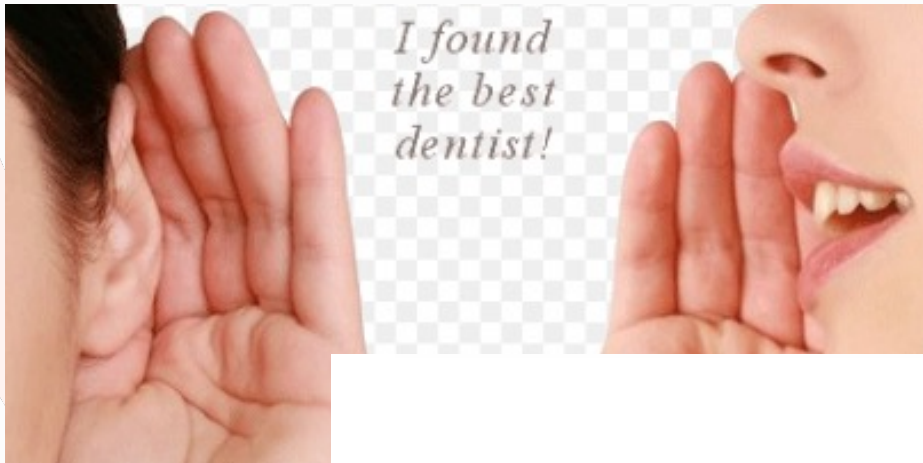
- <https://youtu.be/xaUgb6CUVWQ>



Give away helpful items



Refer patients to a dentist if they do not have one



Date _____

Patient Name _____ Age _____

Referring Doctor _____

Referring Doctor Tel. No. _____

Reason for Referral: 1st Dental Visit Toothache Decay Extractions
 Special Needs Trauma Sedation/Anesthesia Space Maintainer

PROMOTE ORAL HEALTH!

 DELTA DENTAL

How To Improve Your Dental Health 4 Easy Tips



1

Brush your teeth 2x a day with fluoride toothpaste and replace your toothbrush every 3-4 months.



3

Eat a balanced diet and avoid in-between meal snacks.



2

Floss Daily to remove food particles that get caught in teeth.



4

Schedule regular dental checkups for professional cleaning and oral exams.

Posters and patient educational materials

Smilesforlifeoralhealth.org
Ada.org

Oral Health affects your Overall Health!



Healthy Teeth and Gums



Cavities



Gum Disease

Dental Cavities

- When you eat **sugary** foods, **bacteria** in the mouth turn the sugar into **acid**. The **acid eats holes** in **teeth** and makes **cavities**. Cavities can lead to serious **infections**.
- The more often you eat sugary foods the more likely cavities will form.

Gum Disease

- **Bleeding gums** are one of the first signs of gum disease.

Preventing Cavi

- Eat only **sugar free** snacks between meals.
- **Avoid** sugar containing



Patient FACTS

Oral Health and You

What Is Oral Health?

Oral health is not only about keeping teeth clean. It also refers to the jaw, lips, gums, teeth, tongue, and glands that make saliva. Good oral health is important to your overall health. Many health problems, like diabetes, heart disease, and other conditions, are linked with oral health. It's important to talk to both your dentist and primary health care professional (physician, nurse practitioner, physician assistant) about oral health.



Questions?

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